

Mr. H. Wirth,  
Department of Indian and Northern Affairs.

Nutrition Consultant,  
Program Development,  
Medical Services Branch,  
Rm. 1812, Jean

|                                       |
|---------------------------------------|
| SECURITY CLASSIFICATION - DE SÉCURITÉ |
| OUR FILE - RÉFÉRENCE                  |
| YOUR FILE - V. RÉFÉRENCE              |
| DATE November 1, 1978                 |

MINIMUM ADEQUATE FOOD COSTS IN SASKATCHEWAN.

High Cost of Food in the North

Further to our conversation, I am sending to you "Minimum Adequate Food Costs in Saskatchewan", calculated by Debera Gillis, in Saskatchewan. She has kindly sent me copies of the study and the manual developed to calculate these food costs, should you wish to borrow them.

Jean Steckle

Enclosure.

Jean Steckle GILLIS, D.

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High Cost of Food in the North

Jean Steckle



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# MEMORANDUM

# NOTE DE SERVICE

TO: Mr. H. Wirth,  
Department of Indian and Northern Affairs.

FROM: Nutrition Consultant,  
Program Development,  
Medical Services Branch,  
Rm. 1912, Jeanne Mance Bldg., Ottawa.

SUBJECT: High Cost of Foods in the North

Further to our conversation, I am sending to you "Minimum Adequate Food Costs in Saskatchewan", calculated by Debera Gillis, in Saskatchewan. She has kindly sent me copies of the study and the manual developed to calculate these food costs, should you wish to borrow them.

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Rec'd: Jan. 14/81

Order No. 1

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# MINIMUM ADEQUATE FOOD COSTS IN SASKATCHEWAN

June, 1976

The calculations are based on the recommended nutrient requirements of individuals determined by the Bureau of Nutritional Sciences, Health and Welfare, Dietary standard, revised 1974.

| <u>AGE-SEX</u>  | <u>CALORIES</u> | <u>PROTEIN</u> | <u>SOUTH</u> | MONTHLY COST<br><u>DRIVE-IN</u> | <u>NORTH</u><br><u>FLY-IN</u> |
|-----------------|-----------------|----------------|--------------|---------------------------------|-------------------------------|
| <u>Child</u>    |                 |                |              |                                 |                               |
| 6 mos. - 1 year | 976             | 43             | \$22.66      | \$25.74                         | \$32.20                       |
| 1 - 3 years     | 1416            | 56             | 28.69        | 31.85                           | 40.34                         |
| 4 - 6 years     | 1861            | 60             | 34.80        | 38.96                           | 49.23                         |
| 7 - 9 years     | 2189            | 77             | 39.61        | 43.38                           | 55.60                         |
| 10 - 12 years   | 2514            | 85             | 43.68        | 49.53                           | 62.01                         |
| <u>Girl</u>     |                 |                |              |                                 |                               |
| 13 - 15 years   | 2323            | 87             | 46.15        | 51.22                           | 66.21                         |
| 16 - 18 years   | 2237            | 83             | 49.36        | 56.55                           | 72.28                         |
| <u>Boy</u>      |                 |                |              |                                 |                               |
| 13 - 15 years   | 2857            | 95             | 49.36        | 56.55                           | 72.28                         |
| 16 - 18 years   | 3228            | 106            | 54.86        | 62.83                           | 80.25                         |
| <u>Woman</u>    |                 |                |              |                                 |                               |
| 19 - 35 years   | 2141            | 72             | 41.73        | 48.10                           | 62.10                         |
| Pregnant        | 2640            | 97             | 52.52        | 59.93                           | 75.49                         |
| Lactating       | 2713            | 100            | 53.34        | 58.98                           | 76.44                         |
| <u>Man</u>      |                 |                |              |                                 |                               |
| 19 - 35 years   | 2978            | 86             | 48.97        | 56.20                           | 73.54                         |

The average per capita daily cost for a family of six including two adults and four children aged 6, 9, and 12 and a boy 15 is \$1.42 in Southern Saskatchewan, \$1.61 and \$2.06 in Northern Drive-in and Fly-in Communities.

## Adjustments For Family Size:

One person - increase cost by 20 per cent.

Two to three persons - increase cost by 10 per cent.

Note: 1. Food costs in Northern Saskatchewan are increased by 14 per cent in Drive-in Communities and 44 per cent in Fly-in Communities.

Note: 2. Calculations for Fly-in communities are based on consumption of evaporated rather than whole milk. The cost of fish is not calculated in northern areas.

Prepared by: Nutritionist  
Health Services Branch  
Department of Northern Saskatchewan

In Co-operation with: Nutrition Services  
Department of Public Health  
Department of Social Services  
Regina City Health Unit



# MINIMUM ADEQUATE FOOD COSTS FOR SPECIAL DIETS

The calculations are based on Canadian Diabetic Association exchange lists with adjustments to lower the cost.

| <u>DIET</u> | <u>CALORIES</u> | <u>PROTEIN</u> | <u>SOUTH</u> | <u>MONTHLY COST</u> |                         |
|-------------|-----------------|----------------|--------------|---------------------|-------------------------|
|             |                 |                |              | <u>DRIVE-IN</u>     | <u>NORTH<br/>FLY-IN</u> |
| Diabetic    | 1051            | 51             | \$34.54      | \$40.99             | \$51.61                 |
| Diabetic    | 1180            | 54             | 35.36        | 41.95               | 53.00                   |
| Diabetic    | 1500            | 59             | 37.53        | 44.42               | 56.55                   |
| Diabetic    | 1806            | 81             | 43.55        | 51.26               | 67.22                   |
| Diabetic    | 1984            | 90             | 47.80        | 56.16               | 69.55                   |

The above diets may also be used for weight control.

Copies of the food lists are available upon request.

Prepared by: Nutritionist  
Health Services Branch  
Department of Northern Saskatchewan

In Co-operation with: Nutrition Services  
Department of Public Health  
Department of Social Services  
Regina City Health Unit



# MINIMUM ADEQUATE FOOD COSTS IN SASKATCHEWAN

January, 1977

The calculations are based on the recommended nutrient requirements of individuals determined by the Bureau of Nutritional Sciences, Health and Welfare, Dietary standard, revised 1974.

| <u>AGE-SEX</u>  | <u>CALORIES</u> | <u>PROTEIN</u> | <u>SOUTH</u> | <u>MONTHLY COST</u><br><u>DRIVE-IN</u> | <u>NORTH</u><br><u>FLY-IN</u> |
|-----------------|-----------------|----------------|--------------|--|-------------------------------|
| <u>Child</u>    |                 |                |              |  |                               |
| 6 mos. - 1 year | 976             | 43             | \$23.66      | \$28.38                                | \$35.01                       |
| 1 - 3 years     | 1416            | 56             | 29.99        | 34.58                                  | 43.55                         |
| 4 - 6 years     | 1861            | 60             | 35.14        | 41.64                                  | 52.56                         |
| 7 - 9 years     | 2189            | 77             | 40.17        | 46.19                                  | 59.15                         |
| 10 - 12 years   | 2514            | 85             | 44.37        | 50.83                                  | 65.56                         |
| <u>Girl</u>     |                 |                |              |  |                               |
| 13 - 15 years   | 2323            | 87             | 48.88        | 54.47                                  | 69.07                         |
| 16 - 18 years   | 2237            | 83             | 50.18        | 57.94                                  | 73.10                         |
| <u>Boy</u>      |                 |                |              |  |                               |
| 13 - 15 years   | 2857            | 95             | 50.18        | 57.94                                  | 73.10                         |
| 16 - 18 years   | 3228            | 106            | 55.42        | 64.26                                  | 81.34                         |
| <u>Woman</u>    |                 |                |              |  |                               |
| 19 - 35 years   | 2141            | 72             | 42.25        | 47.84                                  | 62.83                         |
| Pregnant        | 2640            | 97             | 51.87        | 62.18                                  | 77.44                         |
| Lactating       | 2713            | 100            | 51.57        | 63.01                                  | 78.39                         |
| <u>Man</u>      |                 |                |              |  |                               |
| 19 - 35 years   | 2978            | 86             | 49.57        | 55.86                                  | 75.14                         |

The average per capita daily cost for a family of six including two adults and four children aged 6, 9, and 12 and a boy 15 is \$1.44 in Southern Saskatchewan, \$1.65 and \$2.13 in Northern Drive-in and Fly-in Communities.

## Adjustments For Family Size:

One person - increase cost by 20 per cent.

Two to three persons - increase cost by 10 per cent.

Note: 1. Food costs in Northern Saskatchewan are increased by 17 per cent in Drive-in Communities and 48 per cent in Fly-in Communities.

Note: 2. Calculations for Fly-in communities are based on consumption of evaporated rather than whole milk.

Note: 3. The cost of fish is not calculated in northern areas.

Prepared by: Nutritionist  
Health Services Branch  
Department of Northern Saskatchewan

In Co-operation with: Nutrition Services, Department of Public Health  
Department of Social Services  
Regina City Health Unit  
Saskatoon Community Clinic



# MINIMUM ADEQUATE FOOD COSTS FOR SPECIAL DIETS

The calculations are based on Canadian Diabetic Association exchange lists with adjustments to lower the cost.

| <u>DIET</u> | <u>CALORIES</u> | <u>PROTEIN</u> | <u>SOUTH</u> | <u>MONTHLY COST</u> |                         |
|-------------|-----------------|----------------|--------------|---------------------|-------------------------|
|             |                 |                |              | <u>DRIVE-IN</u>     | <u>NORTH<br/>FLY-IN</u> |
| Diabetic    | 1051            | 51             | \$34.93      | \$39.35             | \$51.48                 |
| Diabetic    | 1180            | 54             | 35.84        | 40.26               | 53.39                   |
| Diabetic    | 1500            | 59             | 38.09        | 42.73               | 56.68                   |
| Diabetic    | 1806            | 81             | 44.16        | 50.44               | 65.13                   |
| Diabetic    | 1984            | 90             | 48.40        | 56.07               | 71.20                   |

The above diets may also be used for weight control.

Copies of the food lists are available upon request.

Prepared by: Nutritionist  
Health Services Branch  
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Regina City Health Unit  
Saskatoon Community Clinic



## APPENDIX II-a

SCHEDULE FOR THE KINDS AND AMOUNTS OF FOOD FOR ONE WEEKTHE KINDS AND AMOUNTS OF FOOD SELECTED FOR THE INDIVIDUAL CATEGORIES

| FOOD                    | UNITS | MAN | WOMAN | CHILD 1 - 3 | CHILD 4 - 5 | CHILD 6 - 7 | CHILD 8 - 9 | CHILD 10-12 | GIRL 13-15 | GIRL 16-20 | BOY 13-15 | BOY 16-20 | WOMAN PN LACT. |
|-------------------------|-------|-----|-------|-------------|-------------|-------------|-------------|-------------|------------|------------|-----------|-----------|----------------|
| MILK                    | qts.  | 2   | 2     | 4½          | 4½          | 4           | 4           | 6           | 6          | 6          | 6         | 7         | 7              |
| CITRUS,                 | lb.   | 2   | 2     | 2           | 2           | 2           | 2           | 2           | 2          | 2          | 2         | 4         | 6              |
| OTHER FRUIT             | lb.   | 2   | 2     | 1           | 1           | 1½          | 1½          | 2           | 2          | 2          | 2         | 2         | 2              |
| POTATOES                | lb.   | 3   | 3     | 1½          | 1½          | 2½          | 3           | 3           | 3          | 3          | 4         | 2½        | 5              |
| OTHER VEGETABLES        | lb.   | 4   | 4     | 2           | 2           | 3           | 3           | 4           | 4          | 4          | 4         | 4         | 4              |
| WHOLE CEREAL            | oz.   | 8   | 8     | 4           | 4           | 6           | 8           | 8           | 8          | 8          | 10        | 7         | 7              |
| BREAD                   | oz.   | 64  | 32    | 24          | 32          | 40          | 43          | 60          | 60         | 60         | 84        | 35        | 49             |
| BUTTER                  | oz.   | 12  | 8     | 4           | 6           | 8           | 10          | 10          | 10         | 10         | 16        | 7         | 7              |
| MEAT                    | lb.   | 2   | 1½    | ½           | ½           | ¾           | ¾           | 1           | 1          | 1          | 2         | 1½        | 1½             |
| FISH                    | oz.   | 4   | 4     | 2           | 2           | 4           | 4           | 4           | 4          | 4          | 4         | 4         | 4              |
| LIVER                   | oz.   | 3   | 4     | 2           | 2           | 3           | 3           | 3           | 3          | 3          | 3         | 4         | 4              |
| EGGS                    | Unit  | 3   | 3     | 3           | 3           | 3           | 3           | 3           | 3          | 3          | 4         | 7         | 7              |
| CHEESE                  | oz.   | 6   | 3     | 1           | 1           | 3           | 3           | 4           | 4          | 4          | 4         | 4         | 7              |
| LEGUMES & NUTS          | oz.   | 3   | 3     | -           | -           | 2           | 2           | 4           | 4          | 4          | 4         | 3         | 5              |
| VITAMIN D-International | Unit  |     |       | 400         | 400         | 400         | 400         | 400         | 400        | 400        | 400       | 400       | 400            |
| REFINED CEREALS         | oz.   | 12  | 6     | 1           | 3           | 3           | 3           | 2           | 4          | 4          | 6         | 2         | 2              |
| FATS                    | oz.   | 8   | 8     | 1           | 3           | 4           | 6           | 2           | 6          | 6          | 6         | 1         | 1              |
| SUGAR                   | oz.   | 10  | 10    | 1           | 2           | 6           | 8           | 4           | 8          | 8          | 10        | 7         | 7              |
| OTHER SWEETS            | oz.   | 8   | 8     | 2           | 2           | 4           | 8           | 4           | 8          | 8          | 8         | 7         | 7              |
| MISCELLANEOUS           | ¢     | 35  | 35    | 10          | 10          | 10          | 10          | 10          | 10         | 10         | 10        | 35        | 35             |

The kinds and amounts of food for these categories were taken from the chart "How Much Food for Your Family," published by the Nutrition division of the Department of National Health and Welfare in Healthful Eating 1956, except for slight revisions in the following groups:

Citrus Fruit - 2 pounds for all categories  
Eggs - 3 for the moderately active woman

Those for the pregnant and lactating woman were established by the Montreal Diet Dispensary. The selection of the foods within these food groups was determined by the Montreal Diet Dispensary on the basis of foods purchased by the low-income group in the City of Montreal.

NUTRITIONAL ADEQUACY OF THE FOOD ALLOWANCES

Nutritional breakdowns were first calculated for each weighted food group using Table for Food Values Recommended for Use in Canada 1951, published by the Nutrition Division of the Department of National Health and Welfare. From these nutritional charts breakdowns were made for all individual categories and checked for adequacy with the Dietary Standard for Canada 1948.

NOTE: Provision should be made for normal loss through inevitable food wastage. No allowance has been made in this schedule.

*Prof. Howard Farmer*

*Food Science Dept.*

*McGill College*

*Montreal*

*Revised & approved at Montreal Diet Dispensary to represent -  
the standard computer version for Food Center Montreal*

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